

## THIN SEEDED CRACKERS

Easy and perfect to eat with a dip or cheese.

 15 minutes

 1 hour and 20 minutes

### INGREDIENTS

- 100ml of water
- 60 grams of spelt flour (or any wholegrain flour)
- 120 grams of seeds, Flaxseeds, sunflower seeds, chia seeds, sesame seeds
- 1/4 level teaspoon of salt (1 g)
- 1 heaped teaspoon of yeast extract (18 g)
- Extra flavoring such as black pepper, chilli, rosemary or thyme

### COOKING METHOD

- 1° Preheat the oven to 150 degrees Celsius. In a medium-sized bowl mix the flour and 50 ml cold water. In a separate bowl, dissolve the yeast extract in 50 ml hot water and pour it into the flour. Add extra flavoring or herbs. Now stir in the seeds and add the salt. Leave the dough to bind for 15 minutes, stirring occasionally.
- 2° Line a large baking tray with baking paper and brush some oil liberally over it or use a silicon baking tray. Pour the mixture onto the tray and spread it very thinly with the back of a fork, to about 3 mm thick. Sprinkle over a little extra salt and bake it for about 20 minutes
- 3° Using a knife, slice into small crackers. Carefully remove them and turn them over. Return them to the oven for 10-20 minutes or until they start to turn golden. Turn the oven off and leave them inside for a further 15-30 minutes to let them dry out. Store in an air tight jar for up to one week
- 4° TIP: Make sure chia seeds make up a quarter of your seed mixture as it helps to bind the biscuits. The rest of the seeds can be adjusted to taste and preference

### NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	174 kcal	9 %
FAT	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 %
CHOLESTEROL	0 mg	0 %
SODIUM	261 mg	11 %
CARBOHYDRATE	15 g	5 %
SUGARS	1 g	—
FIBER	8 g	31 %
PROTEIN	7 g	—